

Activities Tool

Activities and actions require lots of planning. Here are 5 steps to determine which Best Practice and its activities to implement:

1. Once you have reviewed the data and identified areas that need to be improved, sit down with the diabetes team and carefully review just the titles of the 19 best practices. The Indian Health Diabetes Best Practices are evidence-based approaches that address diabetes prevention, treatment, and education practices in American Indian and Alaska Native communities. They are available on line at: <http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsBestPractices>
2. After reviewing all 19 titles, list several best practice topics that seem like they are related to the areas that your program needs to improve.

3. For **clinical diabetes programs**: The diabetes team should identify 1 or 2 Best Practices that fit within the scope of the program's needs and resources.

For example, if your Diabetes Outcome Audit data show that only 60% of people get foot exams, you could choose to increase the percent of people that receive an annual foot exam.

Using the Foot Care Best Practice activities you could choose other actions to do including:

- Hire a podiatrist to provide podiatry care.
- Work with a local shoe store to develop a mechanism for providing appropriate footwear.
- Purchase equipment and medications to manage foot ulcers.
- Provide in-services and support training for health personnel in foot care education.

After determining the best practices that your programs wants to implement, write down the best practice activities that you will include to achieve better outcomes in the areas that are weak. It does not have to be all the elements of the best practice – just the ones that fit best with your program and resources):

4. For **community-based diabetes programs**, the diabetes team may have learned from school data that youth are becoming more overweight. Your team could identify the Youth and Diabetes best practice to prevent diabetes. Some activities from the best practice that you may want to consider doing are to:

- Establish a working relationship with the school board, principal, teachers, and students and invite someone to represent them on your diabetes team.
- Hire a physical activity specialist to provide evidence-based information on physical activity and diabetes.
- Work with the local schools and develop a mechanism for providing equipment for every student so that they can be more physically active during school day.
- Provide in-services and support training for teachers and others interested in increasing physical activity among youth.

Write down the best practice activities that the team decides to implement to achieve better outcomes in the areas that are weak:

5. For each Best Practice you choose to implement, you must use the **two key measures** within the best practice. You must keep track of this information before; during and after you implement your activities. Write those measures below:
